

ARE YOU SOON TO GIVE BIRTH?

Useful advice and information for
your stay at the Maternity Hospital



Hôpitaux
Universitaires
Genève

Before you arrive

Insurance and coverage

If you (and your baby) are not insured under the Swiss Health Insurance Act (LAMal), please ask your insurance company what costs it will cover during your stay and in what type of ward (general, semi-private or private).

Please make sure you have your insurance card with you.

What personal belongings should you get ready as of the seventh month?

For you:

- ▶ Toiletries
- ▶ Large-sized mesh underwear
- ▶ Slippers
- ▶ Nightgown, bathrobe
- ▶ Nursing clothes (opening in front)
- ▶ Nursing bra (one size larger than at the end of pregnancy)
- ▶ Hygienic napkins
- ▶ Socks
- ▶ Lip balm
- ▶ Water spray to refresh yourself

For the baby:

- ▶ Bodysuit
- ▶ Baby jacket
- ▶ Pyjama
- ▶ Cap
- ▶ Booties or socks

During and after your stay

Delivery room

Only one person (spouse, close relative, etc.) is authorized to go into the delivery room with you.

Rooms

You have the use of a lockable cupboard. The HUG are not responsible for the loss or theft of any personal belongings. Do not bring large sums of money or objects of value to the Maternity Hospital.

Meals

Choice of meals, breakfast at 7.30 a.m., lunch at 11.15 a.m., dinner at 6 p.m.

During your stay, the health-care teams are available to answer any questions and give you all the information you need to facilitate your return home (advice on breast-feeding, getting back into shape, resuming activities, contraception, sexuality, etc.).

Visiting hours after birth

Visiting hours are from 12.30 to 3.30 p.m. and 6.30 to 7.30 p.m. (10 a.m. to 9 p.m. for fathers). From 10 a.m. to 8 p.m. for private and semi-private patients.

Civil register

It is the parents' responsibility to register the birth of a child with the authorities.

You will find an envelope containing all the information you need for this on your night table.

The Geneva Municipal Civil Registry Office has an office at the Maternity Hospital. You can register your child's birth there.

Civil Registry Office

Rue de la Mairie 37, 1211 Geneva 6

 022 418 66 31 (birth announcements)

 022 418 66 32 (declaration of paternity)

Going back home

The date of your discharge is decided in agreement with the gynecologist and the paediatrician. Discharge is before 11 a.m. The Maternity Hospital contacts the non-staff midwife of your choice and provides him or her with information relevant to your return home. This service should be covered by your basic insurance; please contact your insurance company for more information.

Please note: if the words “sick child” (enfant malade) appear on your bill, they simply refer to the care your baby received at birth. This is how that service is labeled in our billing system.

Travelling by car

For its security, the baby must be strapped into an age-appropriate car seat, its back to the road, every time it travels by car after leaving the hospital.

Practical information

Maternity Hospital

☎ 022 372 68 16

Obstetric emergencies

☎ 022 372 42 36

Prenatal consultations

☎ 022 372 42 26

Preparing for childbirth

➤ www.hug-ge.ch/pan

Birth Registration Office (contact at the HUG)

☎ 022 372 63 92

Other information:

➤ www.hug-ge.ch/obstetrique

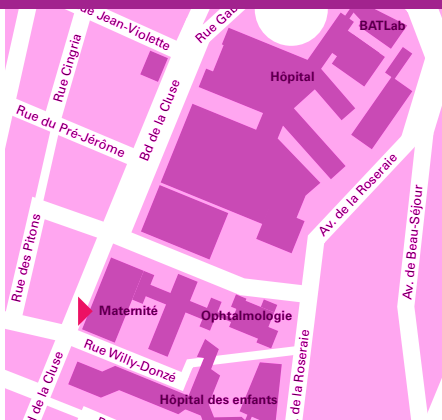
➤ www.hug-ge.ch/obstetrique/faq

Obstetrics Division

Bd de la Cluse 30
1205 Geneva

Access

Tram 12 et 18
arrêt "Augustins"
Bus 35, arrêt
"Maternité-pédiatrie"



*This brochure was produced by
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Department.*